

**Report Date:** 29 Apr 2015

**Summary Report for Individual Task**  
**805B-79T-3304**  
**Conduct Height / Weight and Body Fat Composition Testing**  
**Status: Approved**

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**Distribution Restriction:** Approved for public release; distribution is unlimited.

**Destruction Notice:** None

**Foreign Disclosure: FD1** - The materials contained in this course have been reviewed by the course developers in coordination with the RRS, Fort Jackson foreign disclosure authority. This course is releasable to students from all requesting foreign countries without restrictions.

**Condition:** You are scheduled to conduct HT/WT and Body Fat Composition assessment to assess the physical readiness of RSP Soldiers. You have access to:

- a. AR 600-9
- b. FM 6-22
- c. Scales
- d. HT measuring device
- e. Tape measures
- f. DA 5500 / DA 5501 BF Composition Forms
- g. HT/WT Roster
- h. General office supplies
- i. Support personnel to capture HT/WT information
- j. VULCAN database

Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

**Standard:** Conduct HT/WT and Body Fat Composition (as needed) on Soldiers within the RSP IAW AR 600-9 and AR 40-501. Annotate all required information on DA Form 5500 and/or DA Form 5501 and VULCAN database.

**Special Condition:** None

**Safety Risk:** Low

**MOPP 4:** N/A

<b>Task Statements</b>
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**Cue:**

**DANGER**

None

**WARNING**

None

**CAUTION**

None

**Remarks:** None

**Notes:** None

## Performance Steps

1. Conduct HT/WT on all Soldiers.

a. Select site for HT/WT and Body Fat Composition.

b. Calibrate scales.

c. Select personnel to conduct HT/WT and Body Fat Composition in accordance with AR 600-9 and AR 40-501.

d. Capture HT/WT on individual Soldiers in accordance with AR 600-9 and AR 40-501.

(1) Move to Body Fat Composition testing area on Soldiers exceeding table weight.

(2) Complete Body Fat Composition testing in accordance with AR 600-9 and AR 40-501, noting results on DA Form 5500 or DA Form 5501.

e. Update VULCAN with information collected from HT/WT testing.

2. Counsel Soldiers as needed.

a. Failure of standards.

b. At risk of failing.

c. Positive progression.

(Asterisks indicates a leader performance step.)

**Evaluation Guidance:** Score the Soldier a GO if all performance measures are passed (P). Score the Soldier a NO GO if any performance measure is failed (F).

**Evaluation Preparation:** Ensure that the Soldier being evaluated has access to all equipment and references required to successfully complete this task.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Conducted HT/WT on all Soldiers.			
a. Selected site for HT/WT and Body Fat Composition.			
b. Calibrated scales.			
c. Selected personnel to conduct HT/WT and Body Fat Composition in accordance with AR 600-9 and AR 40-501.			
d. Captured HT/WT on individual Soldiers in accordance with AR 600-9 and AR 40-501.			
(1) Moved to Body Fat Composition testing area on Soldiers exceeding table weight.			
(2) Completed Body Fat Composition testing in accordance with AR 600-9 and AR 40-501, noted results on DA Form 5500 and DA Form 5501.			
e. Updated VULCAN with information collected from HT/WT testing.			
2. Counseled Soldiers as needed			
a. Failure of standards.			
b. At risk of failure.			
c. Positive progression.			

**Supporting Reference(s):**

Step Number	Reference ID	Reference Name	Required	Primary
	AR 40-501	Standards of Medical Fitness	Yes	No
	AR 600-9	The Army Body Composition Program	Yes	No
	FM 6-22	SUPERSEDED BY ADRP 6-22, 1 AUGUST 2012 (ALL EXCEPT APPENDIX B) AND SUPERSEDED BY ATP 6-22.1, 1 JULY 2014 (APPENDIX B, EXCEPT PARAGRAPH B-2)	Yes	No

**Environment:** Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT.

**Safety:** In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination.

**Prerequisite Individual Tasks :** None

**Supporting Individual Tasks :** None

**Supported Individual Tasks :** None

**Supported Collective Tasks :** None

**ICTL Data :**

ICTL Title	Personnel Type	MOS Data
79T-ARNG Recruiting and Retention-SL3	Enlisted	MOS: 79T, Skill Level: SL3, ASI: V7, Duty Pos: REA, SQI: 4